Headquarters U.S. Air Force

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Air Force Suicide Prevention Program Update

Behavioral Health Specialty Team

Quarterly Meeting

25 June 2004

Lt Col Campise

Chief, AFSPP

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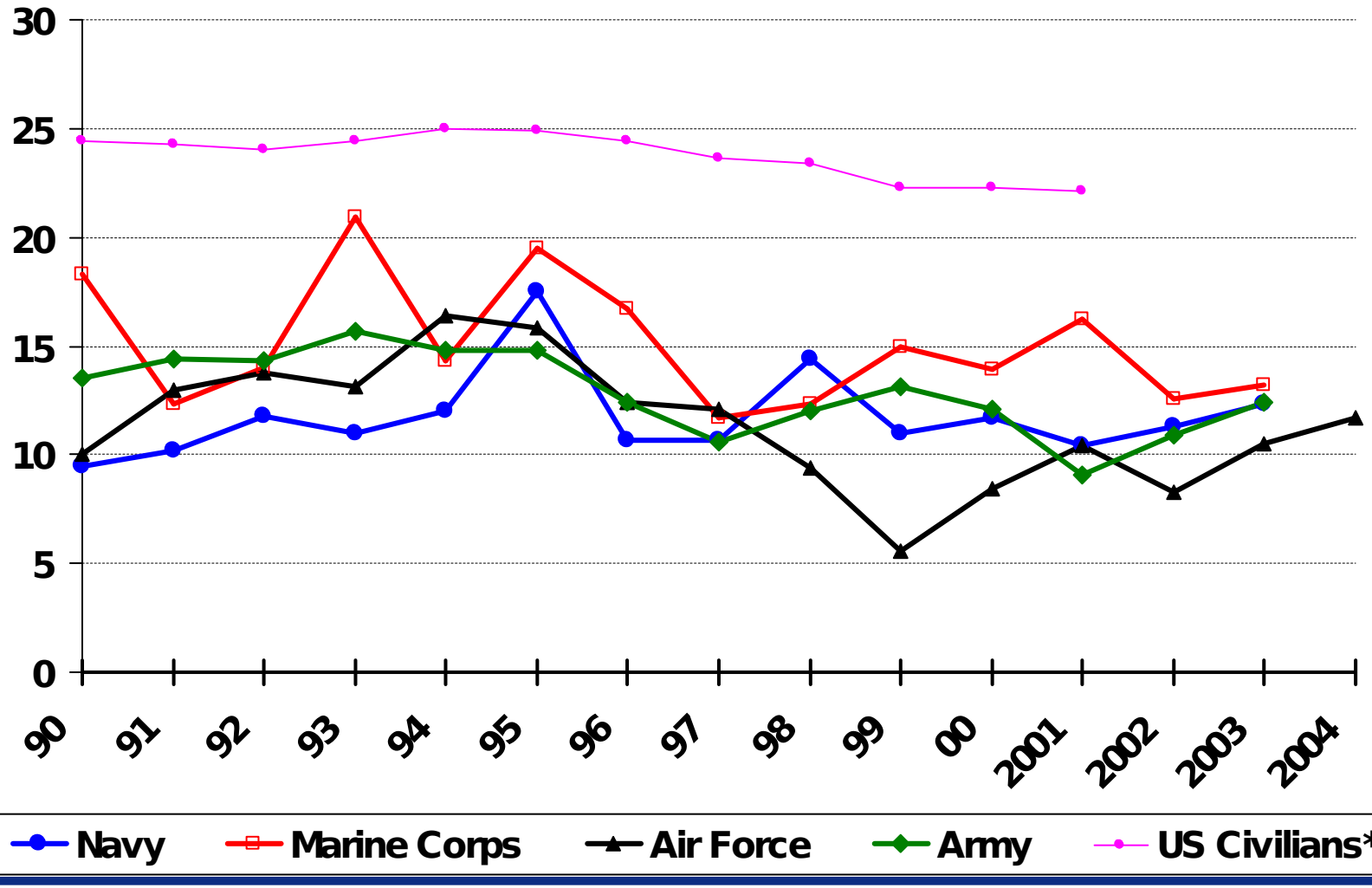
DoD CY Suicide Rates 1990-2004



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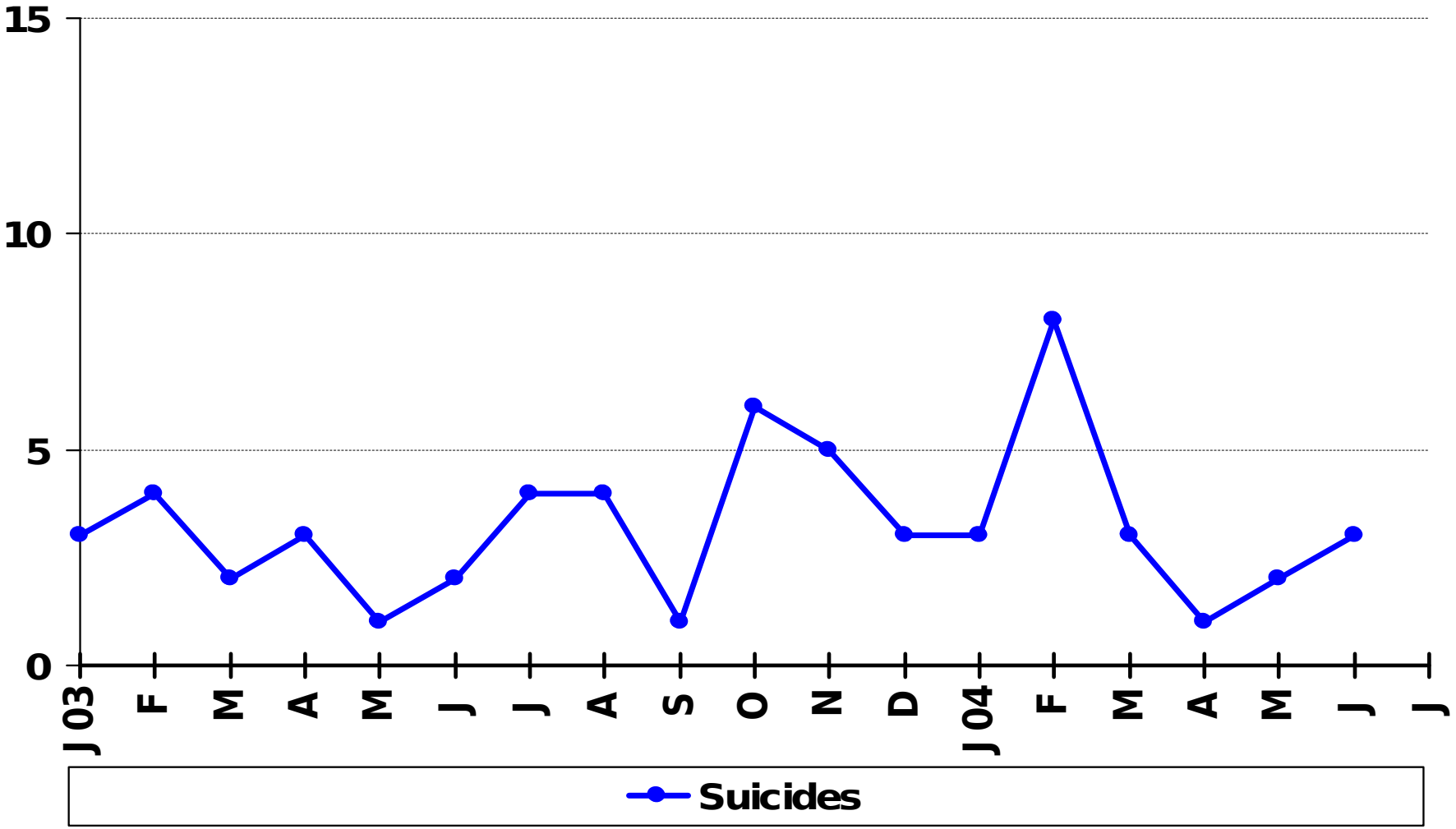
Air Force Suicides Per Month

1 Jan 03 – 21 Jun 04



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AFSPP Memos

- AF Leadership Memos
  - ?? Jun 04 AF/CC *Commander Involvement in Suicide Prevention*
    - Communication between agencies and line (especially mental health, but also personnel/legal) when mission may be impacted; adhere to AFIs
  - ?? Jun 04 AF/CVA *Re-Energize CAIB and IDS*
  - 8 Jun 04 AF/CVA *2004 Suicide Prevention Briefings* (will be distributed with CDs)
  - 28 Apr 04 AF/CVA *Four Dimensions of Well-Being*
  - 26 Apr 04 AF/CC *Re-Invigorate AFSPP*
    - SQ/CCs review Gen Jumper's 25 Nov 02 memo *Hand-Off Policy for Investigative Interviews and the Limited Privilege Suicide Prevention Program*
    - SQ/CCs, First Shirts, Flight Commanders, and supervisors review *Leader's Guide for Managing Personnel in Distress* by 1 July 04
    - Every AF member current for suicide prevention briefing by 1 July 04
  - 20 Apr 04 AF/CVA *CY 03 Lessons Learned*
  - 17 Feb 04 AF/CVA *Re-Assess and Re-Energize AFSPP*
- Talkers to AF Leadership
  - SECAF, AF/CC, AF/SG on Suicide Prevention Activities

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AFSPP Completed Projects

- ***Leaders Guide for Managing Personnel in Distress***
  - **Feb 04 MAJCOM IDS chairs**
  - **May 04 MAJCOM BHCs**
- ***CY03 AFSPP Summary***
  - **Apr 04 to MAJCOMs**
- **CY03 Lessons Learned**
  - **Apr 04 to MAJCOMs**
- ***Four Dimensions of Well-Being***
  - **May 04 MAJCOMs**
- **2004 Suicide Prevention Briefing CDS (mail end of Jun)**
  - ***2004 Community Suicide Prevention Briefing***
  - ***2004 Leaders Suicide Prevention Briefing***

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AFSPP Current Projects

- Mental Health Providers Post-Deployment Survey
  - Survey distributed via consultants and at BSS
  - How do we increase response rate? (<10 surveys returned)
- Suicide Prevention Public Service Announcements
  - Two 30-second “commercials” (ECD TBD)
- OSI Study
  - Examining possible points of intervention, risk factors, suicide subtypes (ECD 05)
- SG NOTAM
- AF/SGI articles on reaching out to young Airmen
- 3rd Annual DoD Suicide Prevention Conference
  27-29 Oct 04 Arlington, VA

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AFSPP Current Projects: Military Specific Workshop

- **Purpose**
  - **Feedback has been received that additional suicide prevention training is desired**
  - **MAJCOMs spend almost $500K per year for ASIST**
  - **Some groups want more training than the current 30 minute suicide prevention briefing but something shorter than the 2 day ASIST program**
- **AF/HC and AF/SG reps will co-chair project with possible other Service involvement**
  - **Proposal endorsed by Jun 04 AF IDS, present to CAIB on 23 Jul 04**
- **15 Jun 04 LSSCs, CCs, First Shirts (Consulting with Mental Health Working group) provided the following input**
  - **Content**
    - **No need to train to be an expert, but would like additional skills**
    - **Quick review of parts of annual briefing then…**
    - **How do I convince someone to seek help (LSSC, ER, chapel, etc.), options when someone refuses to seek help, CDEs and LPSP, boundary issues, how to ask questions to elicit more than yes and no responses, gender differences (especially in coping and the expression of emotions), responding to emotion**

AFSPP Current Projects: Military Specific Workshop, Cont.

- (especially anger and sobbing), reading body language, making sense of communications (when words, body language, and facts just don't match), reasons people are reluctant to seek help, legal considerations (what can I ask of person and therapists), understand use of medication (how long does it take to work), working with defense counsels to encourage them to give their client permission to speak with mental health, hospitalization process (before, during, and afterward), how to tell if people are faking it, etc.

- **Desired structure**
  - Gear for first line supervisors as well as CCs, First Shirts, NCOICs, chaplains, MH, other interested parties
  - 2-4 hours skill training
  - Starts with 10-15 minute attention getting video followed by PPTs, expert to answer questions, case examples and role play, suicide notes
  - Walk away with ATSO guide (quick reaction reference guide, already have *Leaders Guide*)

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AFSPP Current Projects: Consulting with Mental Health

- **Purpose**
  - **Create a product similar to the video "*Consulting with CCs*" that complements the *Air Force Guide for Managing Suicidal Behavior* and helps mental health better communicate with leaders**
  - **Product would compliment the *Leader's Guide for Managing Personnel in Distress* and help leaders understand and collaborate better with mental health**
- **14-15 Jun 04 Working group (LSSCs, CCs, First Shirts)**
- **CC and First Shirt input**
  - **Stated much of their time is spent with personnel issues and want more training**
  - **Content**
    - **Rules and rationale behind them (role of IG, Congress, Federal and State laws, DoDs, AFIs, OIs): CDEs, MEBs (who can and cannot be MEBed, how process works), safety checks (why they have been eliminated), emergency care, hospitalizations, confidentiality, difference between confidentiality and privilege, special populations (flyers, PRP), LPSP, referring agencies, communication between CCs and agencies, unit can give as much information as they want just can't necessarily get as much back), differences among agencies and their services, local vs AF-wide rules of engagement, etc.**

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AFSPP Current Projects: Consulting with Mental Health, Cont.

- **Desired structure**
  - **Not a 30 minute video**
  - **½ day workshop**
  - **Starts with 10-15 minute attention getting video followed by PPTs, expert to answer questions, case examples and role play**
  - **Walk away with ATSO guide (quick reaction reference guide)**
  - **Wants FAP and ADAPT present**
    - Gives CC overall picture of the scope of available services
    - Enables CC to understand policy differences among agencies
    - Models sharing of patients and resources
    - More time efficient
  - **Optional to use as annual key personnel briefing**